

~22ND November 2004~

Good evening. (*greetings*)

As we have joined together this time I have felt that union of your light; it grows stronger as time continues. As we are nearing another end to one of your earthly years I would just like to remind you my dear friends, of what we have tried to achieve in this year of your time. Perhaps you remember my words—the words that I told you were that this time much of it would be devoted to individual self-development. A number of you have gone through a transitional time in these past months, mainly connected to your earthly families. But let me say this to you my dear friends, that *all* happenings have a purpose and by now you must recognize that these happenings are for the growth of your Spirit selves. I know, as those come close to you also know, that this awareness has grown much within you. You must also recognize that not only have you learned many of life's lessons, but that family in Spirit—and in using the word 'family' I mean your spiritual family—those you are not aware of consciously, but who nevertheless are family—they also have played a part in your development. Therefore my dear friends I ask also that you remember them when you give thanks for all that you have attained.

Lilian: Would it be that they help us with their problems?

They help you in *your* problems, not in *their* problems. But they come close to you in times of need, in order that the Spirit may be uplifted when needed; and each of you have had times when this has been necessary.

Lilian: This has certainly been quite a year for some of us.

Yes, I did tell you that it was a year for growth. You now accept readily the words that I bring to you and for this my dear friends, I will remain ever grateful. My love extends to you all at all times, but we are fast approaching the time when it is becoming necessary that each one of you now recognizes the spiritual gifts that you each have. I would say that the greatest gift since first we met has been that of great humility in the knowledge that you have accepted, together with the love which you have given out, not only to those of us in our world, but also to each other. When we come together

in another of your earthly years, there will be occasions when there will be for at least one within this room, help with your own gifts. I know that you are not fully aware of what gifts you have, but it is time my dear friends that the fullness of your gifts must be explored.

Lilian: Would the biggest gift we have be the knowledge that you've brought to us?

You have readily accepted my words for so long and there is much more that I wish to bring to you, but the time has come when individual development must go forward; it must go hand in hand with the information which I have given to you. And again I will say these words to you: that as much as we wish to help you, the responsibility for the use of your spiritual gifts mainly lies with each individual. Therefore the responsibility remains in great part with you, but we will endeavour to bring to you many who will try to help as they have done for many of your years, but for many they still feel that they are not being recognized.

Lilian: We will try to give more time to become aware of them.

Yes, as I have said, the greater responsibility lies with you. We cannot make you do what you do not wish, but we would wish to encourage in any way that we can. (*thanks expressed*) You all have many gifts between you and although I would say although you do not seek phenomenon, it is part of you that these gifts be used. That is why we will endeavour to help you all we can. Do we have any questions this time?

Graham: Yes, I was reading a book and it was talking about karma and the subject of manifestation came up. There's a lot of books at the moment talking about manifesting all that you desire and the book was actually urging caution against this, because if, for instance, you try to manifest £100, then in doing that you may well be successful, but it may well be at someone else's misfortune. It was saying that you have to be very careful about the karmic consequences of manifestation. Is the book really giving a true account of how things really are?

I will reply to you my dear friend in just a few of the words that I have given to you before: be careful of what you wish for. Always be cautious with your thoughts, be careful that what you think is for the very best of reasons for everyone who is attached to you. (Yes.) Again, responsibility lies with each one and of course

these gifts or 'karma' as you may wish to call it, is available to all, but not necessarily for the best. So I say only be careful of each thought. Remember the power which lies behind thinking and remember of course my words about rebounded thoughts, which could then encompass what you call karma. You understand? (Yes.) There is no harm in desiring many things, but it is the reason behind the wish that you must analyse. (*general affirmations*) You see you know already my words, because it is there within your own thinking.

Graham: In the past I've taken the explanation, but with time the understanding of it is deeper. Sometimes you have to go over the subjects over and over and over again until it goes much deeper and the true understanding comes to the surface.

Yes, that is why my dear friend I never apologize too often to you for repeating my words, because we know that as human beings you need to hear words often before the understanding becomes fuller within you consciousness. But I would say this to you that if you have any doubts about anything, then you can say that it is not that right thing for you. Always listen to that quiet voice. That is the easiest way I can put it to you. I hope that is acceptable. (*thanks expressed*)

Sarah: This isn't really a question, but I was thinking how difficult it must be for leaders of countries who are not perhaps going in the right direction, and I know you are going to say that I must not judge, but there are many who are giving bad thoughts to these people and some who are giving good thoughts to these people. I was just wondering how much the loving thoughts override the bad thoughts from the people. In this case, public figures are probably being bombarded all the time.

Yes, I understand your words. Of course it does not happen in an instant of your time, but love will always override any negative thoughts eventually.

Sarah: Even though there may be more negative thoughts than positive ones?

But loving thoughts will grow. Negative energy has to be transmuted and changed—that is what you must try to understand. Loving energy can never be destroyed or changed, it just grows. Negative energy can be transmuted into good.

Think along those lines and the understanding will come. (*Yes, thank you.*)

Sara: I was just thinking that sometimes people behave in ways that disappoint us. Merely telling someone about the experience or what happened, that is not negative is it—if you just observe the behaviour and then if you send them love and you don't really bear them any ill will, you are just observing their interaction. What I was wondering was that it's not negative to tell somebody about what has actually happened or occurred—we can't control how people behave towards us sometimes, even if we are loving.

Whatever is done in a loving way cannot be negative, but let me once more my dear friend repeat to you words that I have used before: if words or actions from another human being does not sit right with you, look within yourself, because that discomfort, that unease lies somewhere within your own Spirit and has to be faced. But to speak truthfully with love is being true to yourself. Never, never use negative words to another.

Sara: Not to another, but if someone behaves...
The fault lies within your own Spirit.

Sara: Ah, interesting. I will have to think about that.

As if you were looking within the mirror. Look to the mirror image and you will find where the unease lies. You understand?

Sara: Yes I do understand, thank you.

Sarah: If you were, for example, at war and you feel angry at, for example, a Muslim killing a Christian because the Muslim does not believe that the Christian is behaving correctly. You can sort of understand it, but it is difficult to—if I were to look inside myself and think...

Why do you feel anger toward them? Why do you feel unrest?

Sarah: I don't feel anger towards them, because I know that I must just give them love, but it's very difficult to understand their actions, if I'm thinking that was not very good to do that just because they're Christian, do I still have to look within myself and see?

Because my dear friend you are being judgemental and why do you have the right to be judgemental for actions created by others? When the Spirit can look upon all negativity with loving eyes, there can be no unease within the Spirit. That is what you are trying to achieve.

Sarah: But when you say that nobody should take another's life...

I stand by those words.

Sarah: So if somebody takes somebody else's life, I know you mustn't *judge*, but you can't *think* that that is right—if they have taken another life when you say that we shouldn't take a life.

But you cannot pass judgement, because you do not know...

Sarah: ...the full picture.

Yes. Again, the person who has done the deed that you find sits uncomfortably with you, must, when he comes to our world, face his own reality and you do not, if we are speaking of right, do not have the right to place judgement upon another—only that Spirit has the right to make judgement upon himself. You understand? (Yes.) I know that in general human beings find it most difficult not to look at war and other situations within your world that you feel to be not quite right, and of course there is much negative energy in your world. But, as we have said, you have to give of your love if you wish to dispel negative energy around you.

Sara: I recognize that when I do give loving thoughts I think always I can achieve the best from someone, I can achieve a good result in terms of good behaviour towards me, but of course sometimes if I don't perhaps do it so often or make an effort, I think possibly interactions can degenerate, because some relationships are easier than others. I recognize we have the power to change all this with loving thoughts. **(Yes.)** I think what I was asking before was, if someone behaves in a disappointing way then that's how I process things; I come home and I analyse, I think. Really the answer is just to give love—the thought.

Yes, it is your individual thought that has decided that it is disappointing. It's your own judgement, so therefore you must look inwards to yourself.

Sara: So in fact there was no offence intended anyway. **(Yes.)** Of course, it is an interpretation of the behaviour.

Do you understand?

Sara: I do, I do. That makes it a lot clearer.

Sarah: So the whole war thing, countries going to war, we just have to give love and recognize that that's meant to be.

We have spoken of karmic debt earlier, partly when we speak I will use your earthly word of

'war'. When these things happen in your world, there is always reasoning behind it. You may not fully accept or understand it, but there always has and always will be negative and positive energy. Whichever way it is transformed, that is up to the human beings that inhabit this Earth.

Lilian: So no matter what situation, whether it be to do with children or adults...

That, my dear friend, is not for you to pass judgement. Because of your human nature, you feel that you must always focus your intelligence upon what others are doing, instead of unconditionally giving love to *all*, to all things.

You have been given freewill, which at times does not serve you well, but that is why it is most important that the spiritual side of your being must stay to the fore throughout your human existence. Do you understand? (Yes.)

Sarah: So if you see a situation where you think you perhaps ought to intervene...

That becomes part, my dear friend becomes, of your freewill, but you must fully accept the responsibility for your own actions. You understand?

Sarah: So if you let the Spirit come to the fore, the Spirit will let you know.

You will always do what is right for you, yes. You cannot become human beings of great purity—that is not why you are here, but always with you there is this struggle of what you consider to be right and wrong, when in fact you should be focussed on developing your spiritual gifts and awareness, in order that you can rise above many situations in your daily lives. (affirmations)

Sarah: So on the one hand you want to help and do the best you can for others and on the other hand you have to stand back and let the Spirit come to the fore and then you will know which one to go for.

If you are spiritually aware, that inner knowledge would be foremost in your thinking, in your realization, in your everyday living—that my dear friends is another reason why you should give more time to your quiet moments, in order for *us* to be able to *influence* and *help* you to the true natures of beings that you are.

Graham: We live in a society where there are courts and prisons and there are sentences and punishments that are given out to people. Many people feel that the system does not work and that prisons are '*universities of crime*' and that when people go to prison, they actually come out

more embittered, more angry and more knowledgeable about criminal activity than they did when they went in. I was just wondering, will it happen at some future time that this type of judgement—prisons and punishments will no longer be relevant, but society will have a natural justice?

Only when each individual recognizes what is right and what is positive energy, and I have to say my dear friends that your planet is quite some way from ever having that kind of situation. There is still so much learning that is taking place in your world, but in saying that there are so many from our world who come, who are here, who are *helping now*. Therefore I say to you, do not feel dejected in your thinking. Love will override negativity at all times.

Lilian: Yes, that's encouraging to hear.

(affirmations)

If only you could see that in each dwelling place such as this, where light is strong and pure, that as that grows within your world much love can be given. But also you need patience. *(affirmations)*

I feel that for this time I must withdraw from you. I will leave you as always cloaked within my love. I will leave you with my dear lady friend and see what the rest of your evening brings.

(thanks and farewells)

After some time, one followed through Sarah to explain new protection being given to this group, which would especially be of benefit to new mediums wishing to be used. It was described as a 'wall' built to keep those 'forces' out who they know should not come, allowing the group to be free from 'unlawful' spirits.